

Training Program on Stress Management

- Title : Eliminate Burnout and Mindful Management
- Date : 30th May 2019 . Time : 9.30 AM to 6.30 PM
- Venue : Hotel Rajdhani Regency , Guwahati
- Participants : 25
- Trainer : Prof Saiket Sen, Chief Training Officer IAS Kolkata

A one day Workshop on Managing Stress was organised in collaboration with IAS Kolkata. The programme was inaugurated by Shri Chiranjit Chaliha, Adviser GMA who was also the Chief Guest .The workshop on stress management was participated by executives from industrial establishments including PSUs and banks .

The Training session was conducted by Shri Saiket Sen , a very well known Corporate Trainer. He started the session with a mind game and the whole programme was highly interactive involving all participants . The feedbacks received from the participants were highly encouraging.



Mr. Chiranjit Chaliha, Advisor GMA delivering his inaugural address.

Sitting (L to R) D. Gohain, VP , B. Hazarika, Hony. Gen.Secy., S B Sarmah, President, of GMA & Prof. Saiket Sen, Chief Training Officer IAS Kolkata.